



Nursery Newsletter

Autumn | 2025

Dear parents/carers,

Welcome to Early Years and a big hello to our new families starting in Nursery at Abbott! We hope you have had a wonderful summer and are excited to jump straight into our first half term. There are a range of exciting themes to cover and lots of new things to learn! We are so excited to be working with your children as they begin their learning journey at Abbott.

This half term, we will be focusing on getting to know each other and settling into a new routine. We aim to celebrate your child's preferences and interests, support them to engage with their new peers and most importantly, have fun through lots of play and exploration!

We want to learn as much as we can about your children and discover all of their unique qualities and achievements. It is very important in Early Years to develop friendships and social skills so we will be spending time supporting emotional wellbeing and creating a safe, happy learning environment.

Thank you as always for your continued support and cooperation.

Mrs Peters



@AbbottCommunityPrimary



@Abbott_CPS

<https://www.abbott.manchester.sch.uk/class/eyfs>



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Nursery Timetable - Autumn 1



	08:45 - 9:00	09:00 - 9:10	09:10 - 9:20	9:20 - 10:00	10:00 - 10:30	10:30 - 10:40	10:40 - 11:30	11:30 - 11:45	11:45 - 13:00	13:00 - 13:15	13:15 - 13:30	13:30 - 14:40	14:40 - 14:55	14:55 - 15:15
Monday	Arrival & Registration	Morning Routine	Phonics	Continuous Provision	Snack Time & Outdoor Play	Literacy Input	Continuous Provision	Toilet & Handwashing	Lunch	Afternoon Registration & Tooth Brushing	Maths Input	Continuous Provision	Tidy Up Time	Story Time/Song
Tuesday		Morning Routine	Phonics	Continuous Provision		Literacy Input	Continuous Provision				Squiggle While You Wiggle	Continuous Provision		
Wednesday		Morning Routine	Phonics	Continuous Provision		Literacy Input	Continuous Provision				Maths Input	Continuous Provision		
Thursday		Morning Routine	Phonics	Continuous Provision		Literacy Input	Continuous Provision				Dough Disco	Continuous Provision		
Friday		Morning Routine	Phonics	Continuous Provision		Literacy Input	Continuous Provision				Maths Input	Continuous Provision		

Important Reminders

Your child must bring spare clothes (including underwear) every day in their school bag. Please label ALL of your child's belongings!



Please ensure that your child brings a labelled water bottle to school everyday. If you wish your child to have their own snack, please ensure it is fruit or vegetables.



We are a nut free school. Please ensure your child is not bringing food containing nuts into school, including spreads, chocolates and cereal bars.



What to pack in a healthy packed lunch...



A portion of starchy food

Base the packed lunch on starchy foods such as bread, bagels, pitta, chapattis, crackers, potatoes, pasta, rice, couscous and noodles. Choosing wholegrain varieties (e.g. wholemeal bread) wherever possible will provide more fibre for a healthy digestive system.

At least one portion of fruit and vegetables

Fresh, frozen, canned or dried fruit and vegetables can all count towards your child's 5-A-DAY and provide vitamins and minerals. Try adding salad to sandwiches, making fruit kebabs, chopping up vegetable sticks, adding frozen or canned vegetables to pasta dishes or frozen fruit to yogurt.



A portion of dairy or alternatives

Include foods such as cheese, yogurt or milk in your child's packed lunch for a source of calcium, important for the development and maintenance of strong and healthy bones and teeth. Choose lower fat and lower sugar options, and make sure dairy alternatives such as soya are fortified with calcium.



A drink

Make sure your child has a drink at lunchtime to help keep them hydrated – water and milk are good choices.

Top tips for lunchboxes

- Use one slice of white bread and one slice of wholemeal bread to make checkerboard sandwiches
- Make colourful fruit kebabs
- Use a sandwich cutter to make fun sandwich shapes
- Vary the types of bread used (e.g. bagels, wraps, pitta)
- DIY lunchboxes – lunch can be more exciting if they can put their own together (e.g. components of wraps)
- Children love dipping – why not try vegetable sticks or pitta bread as dippers and hummus, mackerel pate, tzatziki or baba ganoush as dips
- Use leftovers to save on prep time (e.g. leftover pasta, noodles, cooked meats) – make sure they are cooled and stored properly
- Get children involved in choosing and preparing what goes into their lunchbox to help encourage them to eat it

Keeping lunches safe

- Wash your hands before handling food
- Wash fruit and vegetables before preparing or eating them
- Add an ice pack or a frozen drink/yogurt and use an insulated lunchbox to keep the lunch cool
- Keep chopped fruit and veg or grated cheese fresh in a small box with a lid
- Keep sandwiches moist in sandwich bags or tin foil
- Store the lunch in the fridge until it is time to go to school
- Throw away any perishable items at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes in warm, soapy water every day

Leaflet developed by Manchester Healthy Schools (www.manchesterhealthyschools.nhs.uk). For further information on packed lunches, please contact your School Nurse.



The healthy lunchbox guide



Ideas for choosing a balanced packed lunch!



Lunch box ideas...

Packed lunch 1

- Tuna, sweetcorn and pepper pasta
- Banana
- Handful of raisins
- Carton of semi-skimmed milk

Packed lunch 2

- Egg, cress and cucumber seeded roll
- Rice pudding
- Satsuma
- Bottle of water

Packed lunch 3

- Mackerel and potato salad (peppered mackerel, new potatoes, watercress, pepper, cucumber, chives, low fat mayonnaise)
- Fromage fraise
- Raspberries
- Bottle of water

Packed lunch 4

- Frittata (eggs, cheese, peas, peppers, sweetcorn)
- Slice of crusty brown bread with low fat spread
- Small tub of seeds, sultanas and chopped dried apricots
- Bottle of water

Packed lunch 5

- Pitta bread, falafel, tzatziki (yogurt and cucumber dip), lettuce and tomato
- Small pear
- Handful of plain popcorn
- Bottle of water

Packed lunch 6

- Wholemeal bagel with ham and soft cheese
- Pot of cherry tomatoes
- Frozen cherries mixed with fromage fraise
- Bottle of water



Packed lunch 7

- Hummus
- Carrot and pepper sticks
- Wholemeal pitta bread
- Strawberries
- Yogurt
- Bottle of water

Packed lunch 8

- Chicken, cream cheese and grated carrot wrap
- Fruit kebabs
- Sugar free jelly
- Carton of semi-skimmed milk

Packed lunch 9

- Vegetable and lentil pasta (chopped tomatoes, carrots, celery, onion, red lentils, pasta)
- Small tub of grated cheese
- Canned peaches in natural juice
- Low fat custard
- Bottle of water

Packed lunch 10

- Vegetable cous cous (roasted courgette, peppers, onions, chickpeas, cubed cheese)
- Canned pineapple in juice
- Soya yogurt
- Bottle of water

All images are suggestions only.

Preparing a packed lunch can often be time consuming and expensive, so why not try your child on school meals?

- Since September 2014 every infant (aged 5-7) is entitled to a free, healthy and nutritious school lunch, which could save you approximately £400 per year.

- Free school meals are also provided to families who receive qualifying incomes such as income support, universal credit. More information is available from the Manchester City Council website or from your school.
- Schools are required to meet School Food Standards which ensure the school meals provided are healthy, balanced and varied over the week.

FACT Research by the University of Leeds has shown that **only 1.6%** of primary school children's packed lunches met the nutritional standards set for school meals.

Curriculum Overview

Communication and Language

- Join in with familiar songs and nursery rhymes.
- Use words to say how they are feeling such as happy, sad, tired, angry, excited.
- Enjoy talking about themselves and their family.
- Understand simple instructions 'line up', 'sit down', 'stop'.
- Identify familiar objects and properties for practitioners when they are described: for example: 'Katie's coat', 'blue car', 'shiny apple'.

Personal, Social and Emotional Development

- Begin to manage transitions, for example from their parent to their key person.
- Find ways to calm themselves, through being calmed and comforted by their key person.
- Play with increasing confidence on their own and with other children, because they know their key person is nearby.
- Learn to use the toilet independently.

Physical Development

- Show independence in eating and learning how to use a knife and fork.
- Use small motor skills to do things independently, for example hang their coat on their peg.
- Explore different materials and tools which develop the fine motor skills (large tweezers, play-dough rollers and cutters, hole punch, threading etc).
- Use strength, agility, balance and coordination to climb up and get across the climbing frame safely.
- Use a range of bikes and scooters to demonstrate balance and ability to negotiate space.

Curriculum Overview

Literacy

- Develop phonological awareness so they can: - identify and differentiate between environmental sounds.
- Show curiosity when looking at books and enjoy sharing books with adults.
- Enjoy mark making freely using a variety of materials (chalk, pens, pencils, crayons, paint)
- Make a wide variety of marks with control, such as a variety of simple shapes and lines.

Mathematics

- Identify colours.
- Match items to colour.
- Match items of the same colour, shape and size.
- Sort items by colour, shape and size.



Understanding the World

- Use their senses to explore the world around them.
- Have a sense of own immediate family and relations and pets and how they are special to them.
- Build on first hand experiences in the home corner and other areas.

Expressive Arts and Design

- Make intentional marks which they can talk about.
- Explores colour and colour mixing using paint.
- Take part in simple pretend play.

Reading

Children will bring home a reading record and picture book for you to share and enjoy together at home. This needs to be brought in every **Monday** to be changed.

To help support a love of reading at home, your child will also receive a special 'bedtime story' book each week. This is for you to enjoy together at a quiet time, such as before bed, and should be returned the following **Monday** too.

To further support independent reading for pleasure, take a look at the suggestions below that are linked to the topics and authors we are focusing on this half term. All of these books can be found on Youtube to listen to at home if you do not have access to a physical copy.

